

### Solstice Run Mileage Suggestions

#### 150 Miles for Health 3x/week

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total
Off	1.25 miles	Off	1.25 miles	Off	Off	3.45 miles	5.95 miles

#### 150 Miles for Health 4x/week

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total
1.25 miles	Off	1.25 miles	1 mile	Off	2.45 miles	Off	5.95 miles

#### 300 Miles for Health 3x/week

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total
Off	2.50 miles	Off	2.50 miles	Off	Off	6.83 miles	11.83 miles

#### 300 Miles for Health 4x/week

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total
2.5 miles	Off	2.5 miles	2 miles	Off	4.83 miles	Off	11.83 miles

#### 450 Miles for Health 3x/week

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total
Off	4.25 miles	Off	4.25 miles	Off	Off	9.28 miles	17.78 miles

#### 450 Miles for Health 4x/week

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total
4.25 miles	Off	4.25 miles	3 miles	Off	6.28 miles	Off	17.78 miles

#### 600 Miles for Health 3x/week

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total
Off	6.5 miles	Off	6.5 miles	Off	Off	10.73 mile	23.73 miles

#### 600 Miles for Health 4x/week

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total
6.5 miles	Off	6.5 miles	4 miles	Off	6.73 miles	Off	23.73

These are basic guidelines for you to follow to achieve your goal. Long runs are based on the concept that an individual that is running or walking more miles in a week will be more accustomed to longer runs or walks as well. The important thing is to have fun!

